November High School Lunch Menu



ENTREES SIDES

Monday | 8

- Traditional Hamburger w/ Mustard
- Turkey Ham & Cheese
 Sub Sandwich
- Garden Burger w/
- Seasoned
 Potato Wedges
- ChilledPineapplesTidbits
- Nonfat or 1%
 White Milk



= Vegetarian



= Vegan



= Locally Sourced

Student's choice of skim or 1% hormone-free milk provided at every meal

Tuesday | 9



- BBQ Chicken Drumstick w/ Dinner Roll Whole Grain Cheese Lasagna Rollup w/
- Dinner Roll
 Sunbutter & Jelly
 Sandwich
- BBQ Baked Beans
- Mandarin Oranges
- Nonfat or 1% White Milk

Wednesday | 10

- Jamaican Jerk Chicken Bowl w/ Brown Rice
 Veggie Fried Rice w/
- Veggie Fried Rice w/
 Baked tofu
- Chicken Salad Sandwich
- Seasoned Green Beans Fresh Apple
 - Nonfat or 1% White Milk

Thursday | 11

NO SCHOOL

Friday | 12

- Turkey Sausage PizzaClassic Cheese PizzaItalian Sub Sandwich
- Seasoned Carrot Coins
- All-Mixed-Up
 Fruit Cup
- Nonfat or 1% White Milk

Food Celebrations

Welcome Back! Here are some exciting ways to stay engaged with your food this school year.

Super Bites 11/10

Fall Harvest/Holiday

Meal11/23

International food day

11/9

Chickpea and Potato Curry

Open Meal Sites

Ballou High School Columbia Heights Education Campus

This menu is subject to change based upon availability

November

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High School

Lunch Menu

 Chicken Quesadilla w/ Salsa

ENTREES

- Cheese Quesadilla w/ Salsa
- Southwest Chicken Sandwich

- SIDES
- Southwest Black Beans
- Diced Pears
- Nonfat or 1% White Milk

Tuesday | 16

- Tortellini and Meat sauce w/ Cheesy Breadstick
- Veggie Tortellini w/
 Cheesy Breadstick
- Veggie Tortellini Pasta Salad
- Parmesan Green
 Beans
 - Fresh Apple Slices
- Nonfat or 1% White Milk



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Wednesday | 17

- Mumbo Chicken
 Drumstick w/ Whole
 Grain Honey Corn
 Biscuit
- Bean & Cheese Burrito
- Chilly Philly Sub Sandwich
- Steamed Broccoli
- Fresh Orange
- 100% Orange Juice
- Nonfat or 1% White

Thursday | 18

- Turkey Meatball
 Sub Sandwich
- Grilled Cheese
 Sandwich
- Greek Salad w/
 Tortilla Chips
- Sweet Potato Wedges
- Baby Carrots w/Dip
- Fresh Banana
- Diced Peaches
- Nonfat or 1% White Milk

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Super Bites 11/10

Fall Harvest/Holiday Meal 11/23

International food day

1/9

Chickpea and Potato Curry

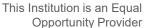
Friday | 19

- Turkey Ham & Cheese Tacos
- Black Bean Tacos
- Tuna Sandwich
- Steamed Corn
- Fresh Banana
- All-Mixed-Up-Fruit
 Cup
- Nonfat or 1% White Milk

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ENTREES SIDES

Monday | 22

- Traditional Hamburger w/ Mustard
- Turkey Ham & Cheese Sub
 Sandwich
- Garden Burger w/ Mustard
- Seasoned
 Potato
 Wedges
- Chilled
 Pineapple
 Tidbits
- Nonfat or 1%
 White Milk

Tuesday | 23

- Roasted Turkey Breast w/ Gravy
- Stuffed Shells w/ Marinara Sauce & Breadsticks
- Seasoned Green Beans
- Baked Sweet Potato Wedg es
- PumpkinSpice Bread
- Fresh Oranges
- Nonfat or 1% White Milk



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Meal11/23

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Chickpea and Potato Curry

Wednesday | 24 NO SCHOOL

Thursday | 25 NO SCHOOL

Friday | 26

NO SCHOOL

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Open Meal Sites

Ballou High School Columbia Heights Education Campus





ENTREES

SIDES

Monday | 29

- Chicken Quesadilla w/
- Cheese Quesadilla w/
- Southwest Chicken Sandwich
- Southwest Black Beans
- Diced Pears
- Nonfat or 1% White Milk

Tuesday | 30

- Tortellini and Meat sauce w/ Cheesy **Breadstick**
- Veggie Tortellini w/ Cheesy Breadstick
- Vegaie Tortellini Pasta Salad
- Parmesan Green Beans
- Fresh Apple Slices
- Nonfat or 1% White Milk



= Vegetarian



= Vegan



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DECEMBER

Wednesday |

- Mumbo Chicken Drumstick w/ Whole Grain Honey Corn **Biscuit**
- Chilly Philly Sub Sandwich
- Bean & Cheese Burrito
- Steamed Broccoli
- Fresh Orange
- 100% Orange Juice
- Nonfat or 1% White Milk

DECEMBER

Thursday | 2

- Turkey Meatball Sub
- Sandwich Grilled Cheese
- Sandwich Greek Salad w/ Tortilla Chips
- **Sweet Potato** Wedges
- Baby Carrots w/
- Diced Peaches
- Nonfat or 1% White Milk

DECEMBER

Friday | 3

Turkey Ham & Cheese



- Tuna Sandwich
- Black Bean Tacos
- Steamed Corn
- Fresh Banana
- All-Mixed-Up-Fruit Cup
- Nonfat or 1% White Milk

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Super Bites 11/10 Fall Harvest/Holiday

Meal11/23

International food day

Chickpea and Potato Curry

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